

5k Runner

In 2001, I weighed the most I have ever weighed in my life including when I was 9 months pregnant. I was 222 pounds. I had just finished graduate school and had really packed on the pounds. I felt awful and was suffering from what I found out after being on inhalers and many allergy medications was allergies to many foods. The main ones were soy, dairy and peanuts. I cut from my diet the 11 foods that I was allergic and decided to become a vegetarian. Within a few months I had lost 30 pounds. I stayed at that weight for several years but still felt uncomfortable with my physical ability.

In 2006 our office decided to do our own *Biggest Loser Competition* which I signed up for. My daughter was getting married that summer and I wanted to look good as the mother of the bride. I started out by doing some exercise videos in my basement every night. These included aerobics, Tae bo and yoga. I was toning up and felt a lot better about myself! When I decided to watch my portion sizes, the weight really started to come off then.



When the weather got better I took my workout outside and went for long walks. I started walking one mile and soon was up to four miles. Then I took the plunge and started running. Again, I started with short distances with the goal of running a 5K. By the time of my daughter's wedding, I weighed 156 pounds. I went from a size 20 down to a size 12. I ran my first 5K in August of 2006 at the age of 49. Since then I have done ten 5K races. I still have to watch what I eat but I certainly am more active and healthier than I have ever been. *My biggest problem now is trying to figure out what to do with all the T-shirts I get from the 5K races!*

Submitted by Barb Hustoles, DHS